



THE COMMUNITY VOICE



SERVING NORTH DAKOTA

Did you know Community Options has been serving ND for almost 30 years? Community Options was founded in 1997 on the foundation that people should determine how they want to live and work. Through our person-centered approach, we assist people who are experiencing homelessness, mental health barriers, low income, substance abuse disorders, brain injury, and more.

With ten office locations across the state we are truly able to meet people where they are to offer care coordination, peer support, employment supports, tenancy supports, and more. Community Options is a proud provider of Community Connect, Free Through Recovery, 1915i (we were the first in ND!), and Family Checkup & Everyday Parenting. If you want to learn more, head over to our [website](#)!

IN THE KNOW

There are so many exciting things happening around us, and Community Options is happy to be a part of it! Coming up in June, join us at the Summit on Behavioral Health in Dickinson. Each year Vision West ND hosts this two day conference, for more information click [here](#). Also this month, in Grand Forks, is the Live Grand Health & Wellness Expo 6/19.

Community Options is among 21 recipients of the Children's Behavioral Health Service Grants through the Behavioral Health Division's System of Care initiative. For more information visit [here](#), and read about it on page 4.



PROGRAM SPOTLIGHT: FAMILY SERVICES

Family Services follows the [Title IV-E Prevention Services](#) program of Family Check-Up and Everyday Parenting. This is a brief, strength-based intervention that focuses on the specific needs and strengths of each family. The intervention aims to promote positive family management and addresses child and adolescent adjustment challenges. This program is for school aged children between 2-17 who display disruptive, risk-taking behaviors, depressed or anxious moods, or substance abuse. Furthermore, if there are truancy issues or the child is on an IEP, this is a great program to recommend.

What do you do when you have an eligible family?

Submit a referral (QR code below)! After a family is referred, a Case Manager will connect with the family and complete the application with the families, and this can be done in person or over the phone. Through the application process, Case Managers will discover where and how the child in the family is struggling. Struggles may be related to a mental health disorder, moderate to severe impairments or limitations in the home, school, or community, having troubles in school, previously been in foster care, or at risk of out of home placement. Case Managers can identify if the parents are also struggling with mental health or substance use concern, physical or intellectual disability, homelessness or at risk of homelessness.

PROGRAM SPOTLIGHT: FAMILY SERVICES



Pictured above: Hope Eggers, Director of Services and Maddison Alexander, Case Manager

Upon application approval, the Case Manager will begin working with the family within 24-48 hours.

What happens when a family is approved?

Case Managers will provide a series of assessments to get to know the family. The assessment consists of questionnaires and videotaped observations of parent and child interactions (the Family Interaction Tasks). Each questionnaire takes approximately 20 minutes to complete and may be completed by parents and children.

System of Care Grant

Community Options is excited to announce that they were one of 21 recipients to be awarded the Children's Behavioral Health Service Grant through the Behavioral Health Division's System of Care initiative. This grant aims to support the enactment of community-based, youth and family-focused, and culturally responsive services and support for children, adolescents, and young adults experiencing behavioral health barriers and their families.

This grant will enable the expansion of 1915(i), Targeted Case Management for Youth and Title IV-E Prevention Services Family Services program in Region 3, which covers the counties of Benson, Cavalier, Eddy, Ramsey, Rolette, and Towner, as well as in Region 7, with a focus on Sioux County.

Community Options is dedicated to meeting the increasing need for behavioral health programs and providing access to care to all communities we serve. They are excited to expand their services and help more North Dakotans receive the care they need. To learn more about System of Care in North Dakota, visit [here](#).



Be sure to follow us on social media:



**Please follow the link or scan the QR code
to submit a referral:**



Scan or click [here](#) for referral!



Phone: (800) 823-2417

E-mail: referral@coresinc.org

Website: www.communityoptionsnd.com

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